

# 4-Day Soccer Skills Development Camp (Ages 6-8)

## Overview:

This camp plan is based on U.S. Youth Soccer standards, designed to build fundamental soccer skills in a fun, developmentally appropriate way for children ages 6-8. The camp runs for 4 days, 2 hours per day.

## Age Group Characteristics:

- Short attention spans (10-20 mins max per activity)
- Learn best through games and imaginative play
- Thrive in supportive and fun environments
- Emphasis on coordination, agility, and physical literacy

## Daily Structure (2 Hours per Day):

- 0:00-0:15 - Welcome & Dynamic Warm-up
- 0:15-0:30 - Physical Literacy Game
- 0:30-1:15 - Technical Skill Blocks
- 1:15-1:45 - Themed Small-Sided Games (SSG)
- 1:45-2:00 - Cool Down & Reflection

## Day 1: Dribbling & Ball Control - "Get to Know the Ball"

### Warm-up:

- Red Light, Green Light
- Follow the Leader

### Skill Activities:

- Ball Mastery Stations
- Dribble Maze

SSG:

- 1v1 Dribble Zones
- Sharks and Minnows

Cool Down:

- Circle stretch, discuss favorite move

Day 2: Passing & Receiving - "Sharing the Ball"

Warm-up:

- Keep It Up

Skill Activities:

- Passing Gates
- Wall Pass Challenge

SSG:

- 3v3 "Treasure Hunt"
- Gate Game

Cool Down:

- Gentle jogging, highlight best teammate moment

Day 3: Shooting - "Scoring is Fun!"

Warm-up:

- Goalie Says

### Skill Activities:

- Shooting Alley
- Hit the Target

### SSG:

- 3v3 Attack vs Defense
- Cone Knock Down

### Cool Down:

- Partner stretch, share funniest goal

### Day 4: Game Day - "Show Your Skills!"

#### Warm-up:

- Soccer Freeze Tag

#### Skill Review Circuit:

- Combine all skills into mini challenges

#### SSG Tournament:

- 3v3 or 4v4 round-robin games
- Rotate roles: coach, player, goalie

#### Cool Down & Awards:

- Team chant
- Certificates (e.g., best dribbler, team spirit)

#### Coaching Tips:

- Use guided discovery and open-ended questions
- Praise effort and fun over competition
- Maximize ball touches and engagement
- Keep instructions short and visual